

## 3 FAH-1 H-3720 REST AND RECUPERATION (R&R) TRAVEL

*(CT:POH-155; 11-06-2012)*  
*(Office of Origin: HR/ER/WLD)*

### 3 FAH-1 H-3721 REST AND RECUPERATION (R&R) TRAVEL DESIGNATION PROCEDURES

*(CT:POH-102; 11-09-2004)*  
*(Uniform State/USAID/Commerce/Foreign Service Corps -USDA/BBG)*  
*(Applies to Foreign Service Employees Only)*

The procedures in this subchapter cover:

- (1) The initial designation of posts and relief areas;
- (2) The biennial certification of posts and relief areas; and
- (3) Changes in designated posts and relief areas.

#### 3 FAH-1 H-3721.1 Recommending Rest and Recuperation (R&R) Travel Designation

*(CT:POH-155; 11-06-2012)*  
*(Uniform State/USAID/Commerce/Foreign Service Corps -USDA/BBG)*  
*(Applies to Foreign Service Employees Only)*

a. The chief of the diplomatic mission, in consultation with the responsible representatives in the country of the:

- U.S. Agency for International Development (USAID)
- Broadcasting Board of Governors (BBG)
- Department of Commerce (DOC)
- Department of Agriculture (USDA: FAS and/or APHIS)

may recommend to the Department *of State's Office of Allowances (A/OPR/ALS)* the designation of posts for R&R *travel* and their relief areas.

b. *In those countries where an embassy does not exist, the* principal officer at *post may recommend* designation *as* an *R&R post*.

c. The recommendation *must* be:

- (1) Based on criteria in 3 FAH-1 H-3721.2; and
- (2) Submitted *to the Department of State's Office of Allowances (A/OPR/ALS)*

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*on Form DS-267, Post Hardship Differential Questionnaire, through the eAllowances system. Instructions for completing Form DS-267 are on the Office of Allowance's Website as well as the eAllowances system. The post may include additional factors A/OPR/ALS should consider in its review as well as its proposed designated relief point (see 3 FAH-1 H-3721.2, paragraphs b and c).*

*d. A completed Form DS-267 addresses all 11 factors under 3 FAH-1 H-3721.2, paragraph a.*

### **3 FAH-1 H-3721.2 Criteria for R&R Travel Designation and Relief Area Designation**

*(CT:POH-155; 11-06-2012)*

*(Uniform State/USAID/Commerce/Foreign Service Corps -USDA/BBG)*

*(Applies to Foreign Service Employees Only)*

- a. Conditions of life at the post *that* present distinct and significant difficulties of sufficient severity to justify temporary relief for an employee and employee's eligible family members during a period of assignment. These conditions include but are not limited to such factors as:
  - (1) Climate;
  - (2) Isolation;
  - (3) Inadequate transportation within the country;
  - (4) Lack of adequate recreation facilities;
  - (5) Housing conditions;
  - (6) Unsanitary conditions;
  - (7) Lack of essential services;
  - (8) Lack of adequate medical or dental care;
  - (9) Prevalence of communicable diseases;
  - (10) Unusual personal hazards, and
  - (11) Excessive cost of transportation from the post to a suitable relief area.
- b. To be designated as a relief point, a location must have a climate, altitude, or environment sufficiently different from that at post.
- c. In selecting a suitable relief point, an important factor is the cost of travel to the nearest point that will provide the necessary change from post.

### **3 FAH-1 H-3721.3 Initial R&R Travel Designation Process**

*(CT:POH-155; 11-06-2012)*

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*(Uniform State/USAID/Commerce/Foreign Service Corps-USDA/BBG)  
(Applies to Foreign Service Employees Only)*

- a. *A post initiates a request for R&R travel designation and relief point by submitting to the Department of State's Office of Allowances (A/OPR/ALS) Form DS-267, Post Hardship Differential Questionnaire, through the eAllowances system. A/OPR/ALS will review all incoming R&R travel designation requests. **NOTE:** All special R&R travel requests are processed separately under 3 FAM 3727.*
- b. *A/OPR/ALS will evaluate and score each of the 11 R&R designation factors in 3 FAH-1 H-3721.2 which are addressed by Form DS-267. The post may include additional information on factors not covered.*
- c. *The A/OPR/ALS director will recommend to the Assistant Secretary for Administration (A) approval or **disapproval** of the R&R travel request and relief point designation. A/OPR/ALS will clear the recommendation with the appropriate Department regional bureau executive director, the Office of Employee Relations (HR/ER), the Office of Career Development and Assignments (HR/CDA), USAID (Regional Bureau Administrative Management Staff), BBG (M/OHR), USDA (FAS/APHIS), and USDOC (OFSHC) prior to sending it to A.*
- d. *If the R&R designation is approved, A/OPR/ALS will forward a copy of the decision document to HR/CDA/AD to include in the bidding tool and to HR/ER to ensure prompt revision to the list of designated posts and relief points in 3 FAH-1 Exhibit H-3722(1) through 3 FAH-1 Exhibit H-3722(5).*
- e. *A/OPR/ALS will:*
  - (1) *Advise the regional bureau executive director and the post of the decision on the R&R travel designation request; and*
  - (2) *In consultation with HR/CDA, establish an effective date, if the decision is to approve, noting which employees the change will affect (see 3 FAM 3725.3-3 and 3 FAM 3725.3-4).*

### **3 FAH-1 H-3721.4 Biennial R&R Travel Redesignation Process**

*(CT:POH-155; 11-06-2012)*

*(Uniform State/USAID/Commerce/Foreign Service Corps -USDA/BBG)  
(Applies to Foreign Service Employees Only)*

- a. *To justify continued eligibility for this benefit, all posts that are currently approved for R&R travel are required to submit to the Department of State's Office of Allowances (A/OPR/ALS) biennially Form DS-267, Post Hardship Differential Questionnaire, through the eAllowances system. A/OPR/ALS will inform the post in advance of the due date. **NOTE:** All special R&R travel requests are processed separately under 3 FAM 3727.*

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- b. Requests for a change to the primary relief point may also be proposed.
- c. Each of the **11** R&R eligibility factors *that* are listed in 3 FAH-1 H-3721.2 *are addressed by the DS-267. Posts* may include additional information on factors not covered. *Instructions for completing the DS-267 are on the Office of Allowances Web site as well as the eAllowances system.*
- d. *A/OPR/ALS will evaluate and score each of the 11 R&R designation factors in FAH-1 H-3721.2 that are addressed by Form DS-267.*
- e. *The A/OPR/ALS director will recommend to the Assistant Secretary for Administration (A) approval or disapproval of the R&R travel request and relief point designation. A/OPR/ALS will clear the recommendation with the appropriate Department regional bureau executive director, the Office of Employee Relations (HR/ER), the Office of Career Development and Assignments (HR/CDA), USAID (Regional Bureau Administrative Management Staff), BBG (M/OHR), USDA (FAS/APHIS), and USDOC (OFSHC) prior to sending it to A.*
- f. *A/OPR/ALS will advise the post by telegram of the R&R redesignation decision. If the redesignation is approved, no effective date is necessary. If the redesignation is disapproved, an effective date will be established in consultation with HR/CDA, noting which employees the change will affect (see 3 FAM 3725.3-3 and 3 FAM 3725.3-4).*
- g. *A/OPR/ALS will advise the regional bureau executive director, HR/CDA/AD and HR/ER as well as USAID (HR/FSP), BBG (M/OHR), USDA (FAS/APHIS), and USDOC (OFSHC) in writing of all R&R redesignation decisions.*

### **3 FAH-1 H-3722 POSTS AND DESIGNATED RELIEF AREAS FOR R&R TRAVEL**

*(CT:POH-136; 05-21-2009)*

*(Uniform State/USAID/Commerce/Foreign Service Corps -USDA/BBG)*

*(Applies to Foreign Service Employees Only)*

Lists of the currently designated posts and relief areas for R&R:

- (1) Africa (See 3 FAH-1 Exhibit H-3722(1));
- (2) Western Hemisphere (See 3 FAH-1 Exhibit H-3722(2));
- (3) East Asia and Pacific (See 3 FAH-1 Exhibit H-3722(3));
- (4) Europe (See 3 FAH-1 Exhibit H-3722(4)); and
- (5) Near East and South Asia (See 3 FAH-1 Exhibit H-3722(5)).

See 3 FAM 3725.3-2 for information on optional travel to the United States or its territories.

### **3 FAH-1 H-3723 REST AND RECUPERATION IN CONJUNCTION WITH A DIRECT TRANSFER**

*(CT:POH-136; 05-21-2009)*

*(Uniform State/USAID/Commerce/Foreign Service Corps -USDA/BBG)*

*(Applies to Foreign Service Employees Only)*

- a. There may be exceptional circumstances, when due to curtailment and direct transfer, workload, staff shortages or other situations, it may be in the agency's best interest for an employee to take R&R between assignments in conjunction with a direct transfer rather than during the course of an assignment. In such cases:
  - (1) Both the gaining and losing post will normally be certified for R&R and;
  - (2) The designated relief area of the losing post will be used as the basis for travel to a point abroad.
- b. Provided that all R&R eligibility factors are met, each request for approval will be forwarded to Washington for consideration on a case-by-case basis by the appropriate foreign affairs agency responsible for issuing assignment orders for the employee concerned. Generally, the decision should be made in conjunction with the establishment of the official tour of duty, whether as a result of a curtailment or as a combined tour of duty for assignments at two designated posts, in order to maximize the employee's eligibility for R&R and home leave.
- c. Requests should be made far enough in advance of travel to permit a timely resolution of any difficulties so that travel will not be delayed.
- d. If such travel is approved, the losing post normally will be expected to pay for the R&R travel costs. However, there may be situations where it would be appropriate for the gaining and losing posts to negotiate a sharing of these costs or for the gaining post to cover the full cost.
- e. The R&R travel costs are those that exceed the authorized direct transfer costs. For example, after serving one year in Taipei for language training, an employee is assigned to Beijing for a 3-year tour. If R&R travel were approved in connection with the direct transfer, the post assignment orders would cover only the cost of travel from Taipei to Beijing.
- f. The R&R travel orders will cover any difference in travel costs to the designated R&R point for the losing post or to the selected city in the United States or its territories.

### **3 FAH-1 H-3724 LENGTH OF REST AND RECUPERATION TRAVEL**

*(CT:POH-136; 05-21-2009)*

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*(Uniform State/USAID/Commerce/Foreign Service Corps -USDA/BBG)*  
*(Applies to Foreign Service Employees Only)*

- a. There is no prescribed minimum or maximum period of time that employees (or eligible family members) must spend on R&R travel. However, to meet the intent and purpose of this travel benefit, sufficient time must be allowed to gain a measure of relief from conditions at post. Normally, a period of 7 to 14 days would be deemed adequate to meet the intent of the regulations, but workload and other conditions at post will govern the actual amount of time of leave approved.
- b. Employees and eligible family members must arrange R&R travel so that both legs of the trip occur within a reasonable period of time consistent with the intent of R&R travel.

### **3 FAH-1 H-3725 TAKING HOME LEAVE AT MID-TOUR**

*(CT:POH-136; 05-21-2009)*

*(Uniform State/USAID/Commerce/Foreign Service Corps -USDA/BBG)*  
*(Applies to Foreign Service Employees Only)*

- a. An employee assigned to a R&R post for four years with mid-tour home leave (HLRT) may take R&R before and after home leave, provided that the home leave travel splits the tour into two equal parts of 24 months each. Time spent on home leave is in addition to the two 24-month periods.
- b. If an employee takes home leave after taking R&R but before completing two years of a 4-year HLRT tour of duty, that employee is obligated to refund the cost of the R&R travel, unless the timing of the home leave was required by the needs of the Service or for compassionate reasons to be determined on a case-by-case basis (see 3 FAM 3722).
- c. If the employee has extended the tour to provide for a minimum period of 24 months at post following completion of home leave, the post can authorize R&R. If the timing of home leave was required by the needs of the Service or for compassionate reasons (to be determined on a case-by-case basis), the foreign affairs agency office can make an exception and grant the issuance of R&R orders.
- d. Heads of individual agencies at post are authorized to adjust the HLRT up to 45 days on either side of the 24-month home leave anniversary date if required for Service need or compassionate reasons (to be determined on a case-by-case basis).
- e. Adjustments of more than 45 days require the approval of the appropriate agency headquarters office as indicated in 3 FAH-1 H-3721.3, paragraph c.

## **3 FAH-1 H-3726 REST AND RECUPERATION TRAVEL EXPENSES**

### **3 FAH-1 H-3726.1 Authorization**

*(CT:POH-136; 05-21-2009)*

*(Uniform State/USAID/Commerce/Foreign Service Corps -USDA/BBG)*

*(Applies to Foreign Service Employees Only)*

- a. Heads of individual agencies at a post with delegated authority per 14 FAM 523.1 may authorize or approve round-trip transportation for an employee and/or eligible family members to the designated relief point or optional U.S. or U.S. territory destination.
- b. Except as noted in this section, 14 FAM 500 will apply.

### **3 FAH-1 H-3726.2 U.S. Government Transportation and Other Accommodations**

*(CT:POH-136; 05-21-2009)*

*(Uniformed State/USAID/Commerce/Foreign Service Corps -USDA/BBG)*

*(Applies to Foreign Service Employees Only)*

The authorizing officer should schedule trips that are economical and reasonable to the U.S. Government. The Department recommends that posts use the lowest cost unrestricted airfares for all R&R travel, whether to designated R&R relief points, cities in the United States or its territories and possessions, or as the basis for cost-constructing travel to alternate points. Post has the option to establish a travel policy to use special or restricted fares if determined practical and beneficial, and any cost constructing would be based on the restricted fare established by post.

### **3 FAH-1 H-3726.3 Elective Alternatives**

*(CT:POH-155; 11-06-2012)*

*(Uniformed State/USAID/Commerce/Foreign Service Corps -USDA/BBG)*

*(Applies to Foreign Service Employees Only)*

- a. Actual travel may be performed by employee and eligible family members:
  - (1) By other classes or modes of travel other than air (including POV); and
  - (2) From the post of assignment to a point other than the designated relief area (see 3 FAM 3725.3-1 and 3 FAM 3725.3-2) provided that the purpose of R&R travel is met.
- b. If an employee exercises the option of travel under 3 FAM 3725.3-2 to a point in the United States (the 50 States and the District of Columbia) or its

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territories including American Samoa, the Commonwealth of Puerto Rico, Guam, the Commonwealth of the Northern Mariana Islands, and the U.S. Virgin Islands, the granting of leave is subject to 3 FAM 3410 and home leave eligibility is delayed in accordance with 3 FAH-1 H-3431.2-1. (For USAID, see ADS 480.)

- c. All R&R travel must begin and end at the employee's post of assignment except under the provisions of 3 FAH-1 H-3723 or when combined with other official travel or educational travel.
- d. The cost to the U.S. Government of such travel to any elective point may not exceed the transportation expenses that would have been incurred for direct travel between the point of origin and the designated relief area or the point of origin and the selected city in the United States or U.S. territory by the applicable mode and class of travel provided in 3 FAM 3720 and this subchapter. Additionally, it may not exceed allowable transportation expenses actually incurred.

### **3 FAH-1 H-3726.4 Other Travel Expenses**

*(CT:POH-136; 05-21-2009)*

*(Uniformed State/USAID/Commerce/Foreign Service Corps -USDA/BBG)*

*(Applies to Foreign Service Employees Only)*

- a. The following expenses will not be allowed for R&R travel:
  - (1) Per diem including rest stops;
  - (2) Miscellaneous expenses (as enumerated in 14 FAM 560) except for transportation to and from the airport and airport fees that are or would be incurred for direct travel to the designated R&R point abroad, or in the case of R&R taken in the United States, to the selected destination in the United States;
  - (3) Unaccompanied or excess baggage;
  - (4) Business class or accommodations superior to coach or access to business class lounge (unless paid by the traveler); and
  - (5) Rental car unless authorized on the travel orders as necessary for the employee to reach the authorized relief point.
- b. Involuntary layovers resulting from circumstances beyond the traveler's control, e.g., local security reasons, cancelled flights or labor disputes, which involve additional expenditures for hotel accommodations and per diem may be approved at the discretion of the post's financial management officer or travel officer. Additional expenditures for hotel accommodations, including per diem, incurred en route to the designated relief point or optional R&R destination in the United States or its territories and possessions must be made only when no other choice or alternative is available to the traveler, and must not be incurred solely for the convenience or benefit to the traveler.

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**3 FAH-1 H-3727 THROUGH H-3729  
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**3 FAH-1 EXHIBIT H-3722(1)**  
**POSTS AND DESIGNATED RELIEF AREAS**  
**FOR R&R TRAVEL—AFRICAN COUNTRIES**

*(CT:POH-155; 11-06-2012)*

<b>Post Designated for R&amp;R</b>	<b>Designated Relief Area</b>
Angola Luanda	London, UK
Benin Cotonou	Paris, France
Botswana Gaborone <i>Selebi Phikwe</i>	London, UK <i>London, UK</i>
Burkina Faso Ouagadougou	Paris, France
Burundi Bujumbura	Paris, France
Cameroon (All posts)	Paris, France
Cape Verde Praia	Paris, France
Central African Republic Bangui	Paris, France
Chad N'Djamena	London, UK
Congo, Democratic Republic of Kinshasa	Paris, France

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<b>Post Designated for R&amp;R</b>	<b>Designated Relief Area</b>
Congo, The Republic of Brazzaville	Paris, France
Cote d'Ivoire Abidjan	Paris, France
Djibouti, Republic of Djibouti	Paris, France
Equatorial Guinea Malabo	Paris, France
Eritrea Asmara	Frankfurt, Germany
Ethiopia Addis Ababa	Frankfurt, Germany
Gabon Libreville	Paris, France
Gambia, The Banjul	London, UK
Ghana Accra	London, UK
Guinea, Republic of (All posts)	Paris, France
Guinea-Bissau Bissau	Paris, France
Kenya Nairobi	London, UK

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<b>Post Designated for R&amp;R</b>	<b>Designated Relief Area</b>
Lesotho Maseru	London, UK
Liberia Monrovia	Paris, France
Madagascar Antananarivo	London, UK
Malawi Lilongwe	Paris, France
Mali Bamako	Paris, France
Mauritania Nouakchott	Paris, France
Mauritius Port Louis	Vienna, Austria
Mozambique Maputo	London, UK
Namibia Windhoek	London, UK
Niger Niamey	Paris, France
Nigeria (All posts)	London, UK
Rwanda Kigali	Paris, France

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<b>Post Designated for R&amp;R</b>	<b>Designated Relief Area</b>
<i>Sao Tome and Principe</i>	<i>Paris, France</i>
Senegal Dakar	Paris, France
Sierra Leone Freetown	London, UK
Somalia Mogadishu	London, UK
South Africa (All posts)	London, UK
<i>South Sudan</i> <i>Juba</i>	<i>London, UK</i>
Sudan Khartoum	London, UK
Swaziland Mbabane	London, UK
Tanzania Dar es Salaam	Zurich, Switzerland
Togo Lome	Paris, France
Uganda Kampala	London, UK
Zambia Lusaka	London, UK
Zimbabwe Harare	London, UK

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**3 FAH-1 EXHIBIT H-3722(2)**  
**POSTS AND DESIGNATED RELIEF AREAS**  
**FOR R&R TRAVEL—WESTERN HEMISPHERE**  
**COUNTRIES**

*(CT:POH-155; 11-06-2012)*

<b>Post Designated for R&amp;R</b>	<b>Designated Relief Area</b>
Barbados Bridgetown	Miami, Florida
Belize Belize City <i>Belmopan</i>	Miami, Florida <i>Miami, Florida</i>
Bolivia La Paz	Miami, Florida
Brazil <i>Belo Horizonte</i> Brasilia <i>Porto Alegre</i> Recife Rio de Janeiro Sao Paolo	<i>Miami, Florida</i> Miami, Florida <i>Miami, Florida</i> Miami, Florida Miami, Florida Miami, Florida
Colombia Bogota	Miami, Florida
Cuba Havana	Miami, Florida
Dominican Republic Santo Domingo	Miami, Florida

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<b>Post Designated for R&amp;R</b>	<b>Designated Relief Area</b>
Dutch Caribbean Curacao	Miami, Florida
Ecuador Quito Guayaquil	Miami, Florida Miami, Florida
El Salvador San Salvador	Miami, Florida
Grenada St. Georges	Miami, Florida
Guatemala Guatemala City	Miami, Florida
Guyana Georgetown	Miami, Florida
Haiti Port-au-Prince	Miami, Florida
Honduras Tegucigalpa	Miami, Florida
Jamaica Kingston	Miami, Florida
Mexico <i>Guadalajara</i> <i>Hermosillo</i> Merida Mexico City <i>Monterrey</i>	<i>Houston, Texas</i> <i>Houston, Texas</i> Houston, Texas Houston, Texas <i>Houston, Texas</i>

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<b>Post Designated for R&amp;R</b>	<b>Designated Relief Area</b>
Nicaragua Managua	Miami, Florida
Paraguay Asuncion	Miami, Florida
Peru Lima	Miami, Florida
Suriname Paramaribo	Miami, Florida
Trinidad and Tobago Port-of-Spain	Miami, Florida
Venezuela Caracas	Miami, Florida

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**3 FAH-1 EXHIBIT H-3722(3)**  
**POSTS AND DESIGNATED RELIEF AREAS**  
**FOR R&R TRAVEL—EAST ASIAN AND**  
**PACIFIC COUNTRIES**

*(CT:POH-155; 11-06-2012)*

<b>Post Designated for R&amp;R</b>	<b>Designated Relief Area</b>
Brunei Bandar Seri Begawan	Sydney, Australia
Burma Rangoon	Sydney, Australia
Cambodia Phnom Penh	Sydney, Australia
China <i>Beijing</i> <i>Chengdu</i> <i>Guangzhou</i> <i>Shanghai</i> <i>Shenyang</i> <i>Wuhan</i>	Sydney, Australia <i>Sydney, Australia</i> <i>Sydney, Australia</i> <i>Sydney, Australia</i> <i>Sydney, Australia</i> <i>Sydney, Australia</i>
Federated States of Micronesia Kolonias	Sydney, Australia
Fiji Suva	Sydney, Australia
Indonesia (All <i>posts</i> )	Sydney, Australia
Korea Seoul Busan	Sydney, Australia Sydney, Australia

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<b>Post Designated for R&amp;R</b>	<b>Designated Relief Area</b>
Laos Vientiane	Sydney, Australia
Malaysia Kuala Lumpur	Sydney, Australia
Marshall Islands Majuro	Sydney, Australia
Mongolia Ulaanbaatar	Sydney, Australia
Palau Koror	Sydney, Australia
Papua New Guinea Port Moresby	Sydney, Australia
Philippines Manila	Sydney, Australia
Samoa Apia	Sydney, Australia
<i>Taiwan</i> <i>Kaohsiung</i> <i>Taipei</i>	<i>Sydney, Australia</i> <i>Sydney, Australia</i>
Thailand (All <i>posts</i> )	Sydney, Australia
Timor-Leste Dili	Sydney, Australia
Vietnam Hanoi Ho Chi Minh City	Sydney, Australia Sydney, Australia

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**3 FAH-1 EXHIBIT H-3722(4)**  
**POSTS AND DESIGNATED RELIEF AREAS**  
**FOR R&R TRAVEL—EUROPEAN COUNTRIES**

*(CT:POH-155; 11-06-2012)*

<b>Post Designated for R&amp;R</b>	<b>Designated Relief Area</b>
Albania Tirana	London, UK
Armenia Yerevan	Rome, Italy
Azerbaijan Baku	Rome, Italy
Azores Ponta Delgada	London, UK
Belarus Minsk	Rome, Italy
Bosnia-Herzegovina <i>(All posts)</i>	London, UK
Bulgaria Sofia	Frankfurt, Germany
Cyprus Nicosia	Rome, Italy
Estonia Tallinn	London, UK
Georgia Tbilisi	Rome, Italy
Greece Athens	London, UK London, UK

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<b>Post Designated for R&amp;R</b>	<b>Designated Relief Area</b>
Iceland Reykjavik	Rome, Italy
Kosovo <i>Pristina</i>	London, UK
Latvia Riga	London, UK
Lithuania Vilnius	London, UK
Macedonia ( <i>former</i> Yugoslav Rep.) Skopje	London, UK
Moldova Chisinau	Rome, Italy
<i>Montenegro</i> <i>Podgorica</i>	<i>London, UK</i>
Poland (All posts)	Rome, Italy
Romania Bucharest	Frankfurt, Germany
Russian Federation Moscow St. Petersburg Vladivostok Yekaterinburg	Rome, Italy Rome, Italy Los Angeles, CA Rome, Italy
Serbia Belgrade	London, UK

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<b>Post Designated for R&amp;R</b>	<b>Designated Relief Area</b>
Turkey <i>(All posts)</i>	Frankfurt, Germany
Ukraine Kiev	Rome, Italy

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**3 FAH-1 EXHIBIT H-3722(5)**  
**POSTS AND DESIGNATED RELIEF AREAS**  
**FOR R&R TRAVEL—NEAR EASTERN AND**  
**SOUTH AND CENTRAL ASIAN COUNTRIES**

*(CT:POH-155; 11-06-2012)*

<b>Post Designated for R&amp;R</b>	<b>Designated Relief Area</b>
Afghanistan (All posts)	London, UK
Algeria Algiers	London, UK
Bahrain Manama	London, UK
Bangladesh (All posts)	Sydney, Australia
Egypt (All posts)	London, UK
India (All posts)	London, UK
Iraq <i>(All posts)</i>	London, UK
Israel Tel Aviv	London, UK
Jerusalem Jerusalem	London, UK
Jordan (All <i>posts</i> )	London, UK

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<b>Post Designated for R&amp;R</b>	<b>Designated Relief Area</b>
Kazakhstan Almaty <i>Astana</i>	Rome, Italy <i>Rome, Italy</i>
Kuwait (All posts)	London, UK
Kyrgyzstan Bishkek	Rome, Italy
Lebanon Beirut	London, UK
<i>Libya</i> <i>Tripoli</i>	<i>London, UK</i>
Morocco Rabat Casablanca	London, UK London, UK
Nepal (All posts)	London, UK
Oman Muscat	London, UK
Pakistan (All posts)	London, UK
Qatar Doha	London, UK
Saudi Arabia (All posts)	London, UK

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<b>Post Designated for R&amp;R</b>	<b>Designated Relief Area</b>
Sri Lanka Colombo	Sydney, Australia
Syria Damascus	London, UK
Tajikistan Dushanbe	Rome, Italy
Tunisia Tunis	London, UK
Turkmenistan Ashgabat	Rome, Italy
United Arab Emirates (All posts)	London, UK
Uzbekistan Tashkent	Rome, Italy
Yemen Sanaa	London, UK